

A
TREATISE
ON THE — 3
G O U T,
WHEREIN IS DELIVERED
A
NEW IDEA
OF ITS

PROXIMATE CAUSE,

AND CONSEQUENT

MEANS OF RELIEF;

WRITTEN WITH A VIEW TO EXCISE FURTHER ANGER
INTO THE NATION,

AND TO LESSEN PRESENT RESERVE IN THE

TREATMENT

OF THIS

D I S E A S E.

By THOMAS JEANS, M.D.

MEMBER OF THE ROYAL MEDICAL SOCIETY OF EDINBURGH.

Nulla in universo corpore pars tam fertiles morborum semina de-
tescat, quam canalis ille nervorum membrorumque vascu-
culi et intestinorum nomine vcalis—dolores articulari pedigraci ibi
etiam causas suam delictantem insidisse habent.

HOFFMAN.

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MDCCKCII.

THEATRE

C O L L E C T I O N

P R E F A C E

P R O P R I E T A R Y

M E M B E R S

WRITTEN BY THE AUTHOR

AND THE EDITOR

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PREFACE.

IT was not till after my papers were in the hands of the printer, that I saw an inquiry into the nature of Gout, by Dr. Gardiner, advertised, and as that work had anticipated me in its title, I lost no time in consulting it, expecting also to find the motive for publishing these pages superceded in the avowal of a similar doctrine, more clearly explained, or a refutation of it, in the display of a more irrefragable theory of the disease.—In these expectations, however, I have been disappointed, and, instead of them, not a little surprised at finding Morbific Matter rearing up its head again, after it had been prostrated, by a late eminent Professor and College Associate of the Doctor, by arguments certainly not light or unfounded.—Dr. G. allows that his subject has hitherto eluded the inquiries
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of many learned and ingenious men, but he does not mention the probable reason of it, as Dr. Cullen does—namely, that the doctrine of Morbific Matter has “led hitherto from more useful views on the subject;” and I will add, as my belief, from such views as are likely to conduct us to a more enlightened method of cure—The Morbific Matter certainly has, till now, been illusory, and surely is not entitled to confidence, after deceiving so many learned and ingenious men.—There are some parts of the inquiry with which the sentiments delivered in this treatise agree—in some parts of the pathology of the disease, the opinions delivered in the two books, approximate—but in what respects the more intimate view of the subject there is a material difference, in so much as to afford no grounds of belief to the reader that, in the perusal of the Inquiry, he has obtained any notion of the doctrine delivered in this Treatise.

A TREATISE

TREATISE
ON THE
GOUT, &c.

IF the security of life be the most important object of human care, surely the preservation of the body in that condition which alone makes life worth possessing, is the next true object of our concern and solicitude; It is health alone which bestows a relish to every dish which the banquet of life furnishes; It is this which confers on the lower class of people, a recompence for all their difficulties and toils, so as sometimes to make their lot, humble and hard as it is, a matter of envy to the great, the rich, and the voluptuous.—But if health be this blessing, and disease its opposite evil, surely that peculiar disease which is most severe in its pain and most certain in its recurrence—That which has

swept away so many eminent men from every civilized country, and which is daily impairing the mind and body of others, equally good and great, cannot but claim a more eminent degree of physical inquiry. That Gout is this inimical tyrant of our constitutions and entitled to this more elaborate study, none who have felt or observed its cruel and manifold effects will hesitate to acknowledge; nor does it seem sufficient because men of great medical fame have failed in their researches into the nature and sure relief of this disease, that we should therefore give up the cause as desperate; the very difficulty of the subject should rather animate our diligence in its investigation, and impel every professional man to furnish whatever illustration the circumstances of accident, observation, or reflection, have enabled him to give it. If this disorder attached itself to the ignorant and mischievous part of mankind only, it would operate perhaps as a good, instead of an evil, by confining the effects of folly and malice within narrower limits; but since experience has shewn that the wise, the studious, and the great;—those on whose abilities the progress

gress of letters, the advancement of science, and even the welfare of the state depends, are oftener the victims of its rage than men of an opposite description, the *fruges consumere nati*, it seems from its importance particularly to claim the attention of men enlightened by superior wisdom and learning, whereas (as in the present instance) the task of exploring its mysteries has for the most part, been consigned to the industry and invention of moderate and inferior talents, whilst the prospect of its cure has been almost exclusively looked for, by sufferers, in the secret formulæ, and manifest frauds of medical impostors.

That the difficulty of rising to any tolerable elucidation of a subject so involved as the present—of developing a disease the nature of which evaded the acumen and patient investigation of Sydenham (the great medical ornament of this country, who in his own person or others, had as it were a continual intercourse with it) is great there can be no doubt. Time however, as he observes, is the discoverer of truths—Time goes on to shut up old avenues of light in the medical

world and in return bountifully scatters new rays; opinions rise and fall, prevail and recede, in our art, in very short spaces of time, and in the various changes of sentiment, whether the result of intuition or induction, mankind has at least the chance of accidental discovery in its favor, and "chance never resigns its rights."

Gout has generally been deemed an hereditary, periodical, and incurable disease; It has been considered too, by many, as salutary to the constitution, and therefore to be borne, however severe and frequent; it is this last notion, namely, that a fit of the gout is rather a relief than a danger to the constitution, which has cramped the experience of the faculty in this, more than in other disorders; the suffering podagric, amidst his flannels and his fears, consoles himself with the prospect of a purified body at some future day, rather than risque precarious means for present relief, not reflecting that repeated attacks and protraction of the fits, certainly, though insidiously, lead to a fatal event, and in the intermediate time leave him scarcely ever free
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from the presages or pressure of the disease. Such a condition of life as this befits only the irresolute and weak, the energy of superior minds, emulous of laudable pursuits, revolts at the restraint which a torturing malady imposes, demands possible remedy to poignant pain and long seclusion from active life, and willingly offers its agonizing limbs to the salutary intentions of science—Others again feeling too painfully from a severe fit to entertain a belief that it can be beneficial to the constitution, persist in the persuasion that it is a disease utterly incurable, and under an opinion of the inefficacy of medicine absolutely decline the assistance of the physician, scarcely admitting the visits of the household apothecary; but rather relying on the humble services of the nurse with her negative remedies of water-gruel, patience, and flannel;—Or if the physician is invited to attend he is too often not permitted (if inclined) to act with such decision as may render a real good to his patient, or credit to his art.—On the other hand physicians, even those who are, by genius, education, and practice, most worthy of confidence, have contributed not a little

little to the inactive state of their profession in this disease; they have too often shrunk from a struggle with this adversary, rather than faithfully put their fame to a possible hazard, and thereby debarred society from the fruits of multiplied observations from extensive experience; I do not, however, mean to insinuate that this dereliction of their duty to the public has been without exceptions, but I may appeal to the state of knowledge on this subject, communicated since the days of Sydenham and Musgrave, as a justification of my remarks.

That Gout is a periodical disease has been affirmed by some and denied by others, and it must be confessed that its returns are not, for the most part, at stated periods, and yet in some instances it pays its annual, or more frequent visit, for some years with great punctuality; but when we consider with what irregularity men live in general, it is not to be wondered at, that the effects of this irregularity should appear at uncertain times—But if the returns of the cardinal fit, as Sydenham denominates the term of the disease, be uncertain

certain, the paroxysms which go to make up this term are often more exact, allowing pretty regular intervals of ease, and, like an intermittent, observing, in addition to its pain, the stages of chilliness, heat, and perspiration—Hence the use of the peruvian bark has suggested itself to practitioners, but I do not know of any case in which it has been successfully exhibited.*

That Gout is an hereditary disease according to the vulgar idea, namely, that a specific *materies arthritica* is derived from the parents, and extends itself through succeeding generations, is by no means to be reconciled to the œconomy of nature—For can it be supposed that such *labes* embraced and propagated by the *semen masculinum*, and thereby tainting the future progeny,† admitting it to be

* There is a case in the Medical Inquiries (Vol. VI.) wherein Bark first preceded by, and afterwards combined with Emetic Tartar was given, but the history, as far as it is continued seems very little to recommend the means employed.

† Dr. Cheyné supposed a taint, compounded perhaps of Scurvy, Stone and Pox, transmitted to the patient with the principles of life—But who can suppose that either of these complaints materially transmitted from the parent to the offspring, would lye concealed in the constitution any great length of time after the birth?—Dr. Mead too supposes the seed of Gout sown in the blood and nervous fluid.

so evolved, would remain quiescent in the constitution, through its changes from birth to manhood—that it would still lye latent for twenty, thirty, or more years, and in the autumn or winter of life begin to shew its existence? dormant in the warmer seasons of life and becoming virent when those seasons are past? as well may we expect vegetation most luxuriant where the soil is steril, and genial heat most wanting. — But although we reject the idea of a specific particle floating in the humours of the body for the greater part of life, and then producing its effect, yet that a predisposition to Gout may be derived from the parent will be readily granted; we can easily conceive that a similar contexture of solid parts may be propagated; † we know by daily observation that similar features of the face, and general temperament of body extend through whole families, and we may reasonably conclude that the brain, the stomach, or some other viscus, or all the viscera, or other parts concurring to the disease, may correspond intimately in structure and con-

† Cheyné also observes that the Gouty Humour is ingrained and transubstantiated into the solids in hereditary Gout.

dition betwixt the parent and the offspring. How often do we see parents who have weak eyes or weak lungs propagate the same weaknesses; that scrophulous and maniac persons entail on their progeny the same infirmities; and are we not warranted in seeking for effects thus inherited in the organs more immediately concerned,—in the eye and the lungs for instance, in the glandular system and in the brain, rather than suppose a certain *materies generans*, lurking somewhere in the habit of body, inscrutable to the investigation of art or induction of nature? But that such a predisposition is of itself sufficient to produce the disease, is not to be positively affirmed; and yet, in some instances, the exciting cause is so difficult of detection, that the disease has seemed to arise out of a mere excess of predisposition—thus we find that young people sometimes, though rarely, labour under paroxysms of perfect Gout, and in these subjects the occasional causes have so entirely evaded notice, that both by writers and practitioners the hereditary tendency alone has been charged with the production of it: 'tis true the predisposition must be very powerful when

when it attacks such subjects, and pains in their joints, notifying this disease, have been rejected by some as genuine Gout.—An instance however has fallen under mine own observation, wherein the character of the disease was strongly marked, in a lad twelve years old; the disease was preceded by the usual symptoms in the alimentary canal, the inflammatory state was confined to the great toe, and the painful stages had regular remissions; in short it observed all the progression of the disease expected in a more adult subject. If then the inherited predisposition to Gout be so strong in the constitution as to require no occasional cause to produce a fit, or no cause out of the ordinary course of things, no evident errors or abuses of the non-naturals, which may be deemed equivalent to no such cause, then may we truly say, with most writers on the subject, that it is an hereditary disease: yet that it is much oftener a disease of our own acquirement, the painful fruits of our own misconduct, cannot seriously be denied,—for if the natural predisposition in general was powerful enough to become the occasion of the disease, or were inconsiderable

derable irregularities sufficient to furnish such an occasion, we should naturally expect to find all the issue of gouty people hereditary sufferers alike, which is by no means the case: On the contrary the female part, and the more temperate of the males, are observed very often to escape, whilst others of the family labour under the severest ravages of the disease.* But if we doubt of this distinction let us attend to the usual characters of its victims: we well know that we are not to look for these amongst the temperate and laborious part of mankind, these people have nearly an intire exemption from it, here and there one, indeed, who is apparently of this description, may seem an exception, but in the very few cases of this kind there may be a deception of character, and in others the natural tendency may subsist in too strong a degree to be repressed by the strictest moderation

* Women it is true are less exposed to the cares and vicissitudes of life, and have periodical relief against Plethora, of itself often the occasional cause of a fit, and something may be granted to these, but greater causes of exemption are, they are less the slaves of their passions and live in stricter habits of temperance than men,—Eunuchs too wanting virility, and thence escaping the most powerful remote cause are rarely Gouty.

of life and conduct. People in advanced life, it is true, often appear to suffer from Gout who have not apparently invited it by their modes of life or inherited it from their parents, but it may possibly be true that time itself, in these instances, may effect what is derived from nature or acquired by art in others: the observations before made, refer more particularly to those who labour under the disease betwixt manhood and middle age, to whose relief, chiefly, our attention will be directed, because it is these who are in danger of suffering many years from it, of losing the use of their limbs, of perishing prematurely under its frequent returns—Whereas when at a later season of life it makes its first attack (at sixty for instance) it may with propriety be considered as a salutary exertion of nature to recruit her declining powers, and retard that great period of all her motions which is physically at no great distance.

That Gout is an incurable disease has been very generally assented to by mankind, and it stands, on this account, at the head of the *Opprobria Medicorum*. Certainly there is not
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wanting, in this remunerative age, sufficient encouragement to stimulate the endeavours of medical skill in this cause, and yet, it is true, there has not appeared that happy success from this encouragement, which in the advanced state of science, may reasonably be expected. That Gout, however, is incurable, in its limited acceptation, is too much to grant; cures have undoubtedly been obtained as far as art can cure, that is, the recurrence of the disease has been prevented by various means, some of them the effects of accident, as others of design:—it is certain that milk diet, and vegetable diet, permanently persisted in, have prevented its return; even a more compounded, but spare diet, has weakened the force of the disease and prolonged its intervals: medicine too has, for some years, safely produced the same effect as was undeniably the case, in some instances, where the Portland powder was taken; alteratives have put it off at its expected period of return; the tar-water in a case hereafter to be mentioned did it for one year in a confirmed podagric; sulphur taken regularly at the season of its recurrence has postponed it for some years;

testimonial

testimonials of its removal, by sudden frights,
 are instanced in Senertus, and many gouty
 people have perceived in themselves the force
 of this influence; accidental injuries on the
 part affected have been known to produce
 similar effects—Dr. Cullen used to mention
 the case of an highlander, cured of Gout by
 his comrade's sticking a dirk into the infla-
 med joint,—a respectable lady has assured
 me that her brother by accidentally letting
 a penknife fall, and fixing in the great toe,
 then suffering with the disease, was cured of fu-
 ture Gout though he lived several years after-
 wards.—How far all these cases, and many
 more may be adduced, are allowed to have
 been regular perfect Gout, affording the idea
 of its cure, we must leave to be determined;
 These however and other such instances tho'
 unsatisfactory as to particulars, come with
 more comfort to our feelings than the gloomy
 prediction of *incurable*, which as it precludes
 hope, serves only to check and stifle intention.
 Sydenham gives us, at the close of his Trea-
 tise, encouragement to expect a future dis-
 covery of the means by which Gout may
 be cured, and foretells the downfall of the
 received

received theory of the disease, whensoever such a happy discovery is made,—in fact, I believe, there are fewer diseases so hopelessly circumstanced as to preclude views of cure than are commonly imagined—vigilance, perseverance, and skill on the part of the prescriber, and patience, supported by hope and exact conformity to prescription, on the part of the patient, it is well known, will often, in subjects not totally subdued by age and infirmity) do wonders in diseases of the most refractory kind,* and I am induced to believe that the too ready desertion of obstinate cases in some instances, as well as too rigid adherence to system in others, by the regular practitioners, are the chief causes of the encouragement and extension of empirical imposition.

* I cured a person, abandoned as incurable by others, in the worst instance of Scrophula, or King's Evil—The subject, a girl of nine years old, had nine or ten ulcers about her hands, elbows, and shoulders; moreover an obstinate ophthalmia, and indurated parotid and other glands.—This case gave way to the use of the bark, given in small doses, and steadily persisted in for the space of a year.—In about three months the ulcers which had hitherto discharged a mere sanies began to furnish a proper pus, and exfoliations continued to be thrown off from the diseased bones during the latter progress of the cure: in the time mentioned the disease was completely subdued, and the patient has continued free of it ever since, now upwards of eighteen years.

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The subjects of acquired Gout, more especially those who become so at an early age, are, for the most part, to be found amongst the votaries of love and wine (whence Gout has been poetically deemed the daughter of Bacchus and Venus) at least amongst those who have offered premature and excessive sacrifices to these deities. Every such votary however is not necessarily gouty, and if gouty not necessarily so, in the same degree: the effects of these seducing pursuits will be different in different people, nor will they appear in a regular gouty form unless the constitution is naturally predisposed to Gout, or till by their influence on the constitution, they have created, if possible, but with more certainty promoted, such predisposition. It has been truly observed by Dr. Cullen, that in persons not predisposed, the occasional causes may appear without effect,—hence one man may indulge his sensual appetite with longer freedom than another;—again, where there exists a latent predisposition in two subjects, and the occasional causes are applied equally, yet a material diversity in the effect may be produced—Thus in proportion as the *vis insita corporis*,
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the bodily energy, is strong, will be, for the most part, the consummation of the disease; the regularity of its symptoms and returns, the violence of its pain, and the consequent relief to the constitution. Hence, too, it happens, that of two people who live with equal imprudence, the one shall have regular Gout, and the other, from imbecility of constitution, be liable to a train of nervous symptoms—to dyspeptic, and hypochondriacal complaints; and, without being imminently ill, shall never be perfectly well—In short, be liable to all that formidable train of evils which is well known to attend atonic or irregular Gout. It has been, perhaps, from referring to the pristine, instead of the present condition of body, that gouty people have been, by authors, deemed of the best constitutions, “*et constitutionem habent omnes luxuriantem virosamque ditissima atque optima vitæ stamina*,” according to Sydenham; but, perhaps, unwisely so—because, without due qualification of this notion, much error of treatment may be the consequence.—That the man who sustains regular and perfect fits of Gout has a greater share of bodily

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vigour,

vigour, than he who suffers from irregular and imperfect Gout, may be true—but it is no less true, that this same man, compared with himself before he became thus afflicted, is really in an impaired state of bodily strength. The goodness of constitution, therefore, which has been assigned to arthritics, must be understood only in a relative sense; and it will appear, I apprehend, in the progress of this Work, that the only rational means of benefiting them, by our art, is by the employment of means best suited to re-establish, as far as may be, the original vigour of constitution: whereas, if a contrary notion prevails, founded on a mistake or mis-apprehension of authors, or a mis-interpretation of nature, it will direct us to employ those means of relief, as many have unfortunately done, which tend to weaken and diminish, instead of improve and recruit the inherent bodily powers—a treatment fraught with certain ill consequences. If, however, debility of constitution, though relatively, gave prevalence to, or constituted the pre-disposition, we might expect to find the disease a companion of the weaker sex, and

and of men of weaker constitutions, rather than of subjects of a different description.—And it must be confessed, that we sometimes observe people of more bodily vigour (tho' of a gouty habit) labouring under symptoms which presage, but are not followed, or followed at greater distance of time, by regular Gout; whilst others, of evidently less force of constitution, after a short prevalence of these symptoms, suffer an exquisitely painful fit.—At other times, we observe the former subjects, though attacked with the disease, suffer a milder degree of it than the latter.—

This, as affecting our former observation, requires some explanation. That a defect of energy prevails in the functions, vital, animal, and natural, when a fit of Gout is at hand, will be confirmed by an appeal to the testimony of authors, and to the feelings of sufferers: The dullness, chilliness, indifference to motion, impatience of mental exercise, defect of perspiration, and costiveness, which concur at this period, and liveliness of mind and body which succeeds to the perfect conclusion of the fit, leave us no room to doubt of it. The remote causes, too, of the

disease, as delivered down by the best authority, and generally subscribed to, are such as serve of necessity to produce and confirm this deficient energy: Thus, venereal excesses; abstruse and protracted study; sedative passions, as grief and fear; night-watching; cold, damp air; and similar debilitating powers, which tend originally to lay the foundation of the disease, do so, by inducing positive debility of the system. Other causes, too (though of a different kind), usually conducing to the disease; such as high living, or excess in eating, and especially excess in animal food, enriched with high sauces and condiments; immoderate indulgence in wines and other fermented liquors; violent commotions of the mind; intense and unusual exertions of body, which are often the evident exciting causes of a fit, as affording the stimuli of heat and plethora, do, by their frequent repetition, bring on and confirm a state of debility also, though in a more indirect manner.

The general debility of the system, now pre-supposed, brought on by the operation
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of the remote causes, tho' shewn to prevail by the symptoms enumerated, does not, however, seem so strongly to betray itself in general, as in special effects :—We find it, for example, most powerfully operative on the stomach and bowels, whereby the important function of digestion is very materially disturbed. To confirm the truth of this remark, reference may be had to the local symptoms of those parts which always, in a more or less evident degree, precede a fit of Gout. These are, sickness of the stomach, and reaching to vomit, especially in the morning before breakfast; indifference to food at that meal, acid eructations; murmuring of the bowels, with sense of inflation and of internal heat. It is true, many of the remote causes do not appear to act directly on these organs, only so by intervention of the *sensorium commune*; but it is equally true, that many of them act immediately on them—either producing excess of action and heat, by their stimulating quality; preternatural distention, irritation, and oppression, by their quantity; or otherwise resisting that due concoction of the alimentary matter, which

which, in this stage of its progress, the economy of nature requires. These symptoms also accompanied with others, more or less painful, more fugitive or fixed, and variously seated—such, for instance, as cramps; catarrhus and nephritic symptoms; affections of the head, as heaviness and aching; of the breast, as pleuritic pain, and dyspœna; of the abdomen, as cholicky pains—prevail in anomalous Gout: in which case, the *vires conservatrices naturæ* have been judged to be so far impaired, as to be unequal to the removal of the oppression in the more desirable way of a regular fit. But, as was before observed, the weakly-formed and enervated are not, exclusively, the partakers of this imperfect disease; and, therefore, some explanation why they are not so, seems requisite to any tolerable elucidation of our subject—and this we proceed to give.—To general debility, with a greater prevalence of it on the stomach and bowels, there is requisite, to furnish an exquisite pre-disposition to Gout, a stronger sympathy or consent betwixt these parts and the joints of the body. This kind of temperament, we apprehend,

prehend, is common to all podagrics, but varying in degree, occasions all the diversity betwixt the most prompt and most reluctant visitation of the disease, in apparently similar constitutions, equally exposed to the remote and occasional causes. When this idiosyncrasy, or bias of the constitution, the certain diathesis or peculiar disposition of the system of authors, is predominant in the highest degree, the slightest irritations on the nerves of the intestinal canal may be competent to fix a fit of the Gout; and this seems to be the case when it attacks very young people, or, indeed, temperate people any time before thirty-five years of age.—When in the lowest degree, it may require long and powerful irritations of the same kind, to produce the same effect. The nature and use of the alimentary canal, a receptacle of heterogeneous matter, exposes it necessarily to the influence of diversified irritations: Thus, alimentary matter varying through the several gradations, from simple, bland, and spare diet, to such as exceeds in quantity, variety, and pungency, imparts different impressions on the nerves of the canal

canal, or rather, different degrees of impression, from mild and grateful up to uneasy and painful, according to the condition of the ingesta; and, it is certain, that highly-pungent diet, continued for a short time only, without the interposition of diluents, would produce an abrasion, or erosion of the inner tunic of the intestines.—Nature, however, to alleviate the daily danger to which this important part of the machine would be subject, if the effects of these irritations were locally operative, has bestowed on it an universal consent with other parts, whereby the active effects of matter, oppressing and fretting its moving fibres, are determined to distant and commonly safer parts. In the cases of regular and perfect Gout, we conceive this sympathy or consent to preponderate betwixt the intestinal tube and the most remote joints, and thence, that the active effects of impressions made on the former are determined to and become sensible on the latter. Thus, alimentary matter imperfectly digested, fermenting, acrid, pent up in the intestines, might be expected by its stimulus to create inordinate motion, with
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cholic pain and local inflammation, and this consequence sometimes results from it — but by a favorable idiosyncrasy, the morbid effects of these irritating retenta are (through the medium of the nerves) transferred to, and become sensible in the joints, and particularly in the distant joints of the feet — Hence the proper seat of perfect Gout is in the joints of the great toes; hence the frequent alternation of gouty with cholic pains, and the relief of habitual cholic by unexpected Gout — By this idea, too, we can explain the reciprocal succession of arthritic pains, with those of the anus, and escape from a menacing fit of Gout by means of spontaneous diarrhæa. — In constitutions not arthritic, or where the determination from morbid impressions on the intestines is to other parts, rather than the joints, though their moving fibres are equally affected by acrid and redundant contents, yet the effect will not be Gout, but some other disease, according to the organ, or part, to which the impression is sensibly determined. Thus, causes productive of Gout in some people, will produce different diseases in others, as

the determination varies—If impressive on the vascular system, febrile diseases; if on nervous, muscular, or membranous parts, spasms, pains and aches, oppressions and obstructions, betraying itself under the form of diseases, from the slightest, as cramps; superficial muscular pains; tickling cough; tooth-ach: or others more important, as cephalalgia; vertigo; pleurisy; jaundice; up to those of the most serious kind, as asthma; palsy; and apoplexy.—Hence, then, we learn how much and how severely a depraved state of the stomach and bowels is capable of deranging the whole system; how many diseases await upon intemperance; how variously men may be afflicted by suffering the power of appetite to prevail over the persuasions of reason and warnings of nature—and, finally, how well founded, and in what sense to be taken, is that trite observation, that a fit of the Gout preserves its sufferers from other, and often more serious diseases—*Diva Podagra Pharmacum amarissimum Naturæ!*

The pre-disposition to Gout being then placed in a general debility, with an excess
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of this debility prevalent in the alimentary canal, from the stomach to the anus, and a predominant sympathy or consent betwixt this great officinal organ of the body and the joints; it becomes a matter of consideration, why the disease varies in its seat? why, in process of time, it quits the more remote and lesser joints, and affects the nearer and larger ones? This we will endeavor to explain.—

In a gouty subject when the remote causes have been fully applied, concurring with a favorable season of the year, and he becomes troubled with symptoms of indigestion, as acid eructations; murmuring of the bowels; inappetency, with sense of fullness and heaviness, joined for the most part with coldness of the extremities—he may deem these sensations sure presages of an approaching fit; and they are sensations which apply so forcibly, that he can scarcely (however unobserving) neglect a notice of them.—In the escape of wind backwards, the smell resembles that of people under a course of

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medicines

medicines in which sulphur preponderates ; or it may be compared to the odour from the washing of a gun-barrel.—The borborigmi, murmuring, and motion of flatus in the bowels, is both frequent and loud, sometimes accompanied with slight cholic pains, and sometimes without—Now, during this disturbance, or commotion of the intestines, the Gout doth not betray itself in its proper form, nor is it till after a cessation of these symptoms that the more painful scene commences : It is in this state of inward bodily quiet that he goes to bed, about to be waked at an early hour in the morning by an invasion of the gouty paroxysm, whose virulency of pain is so feelingly and faithfully described by our English Hippocrates*. It must be observed, that I mention a cessation of the flatulent symptoms as taking place previous to an attack of the fit, which is a circumstance not particularly noticed by any author whom I have consulted : It is true, indeed, that Sydenham, after mentioning the precurrent symptoms, of which these of the bowels make

* Sydenham, Tract. de Podagra.

a part, says, "*Sanus lecto somnoque committitur*;" which seems to imply an exemption from all irksome sensations.—This, however, does not place the circumstance of quiescence, as opposed to the disturbance of the intestines, in the important point of view which I am inclined to think it ought to be placed in. For, if this intermediate state of quiescence be admitted as a fact (and this, I trust, the future attention of sufferers will confirm), it appeals to our judgment from whence the cessation of very obvious symptoms proceeds, and how happens it that an effect so very remarkable and severe succeeds to it, and doth not commonly take place fully and completely without such intervention†. If the cause of the sensations enumerated continues to subsist in the intestines, whence comes this failure of its effect? what new operation of nature occasions this sudden state of quiescence? Certainly, the mobility of the intestinal tube, with all its preceeding

† I have met with instances where the flatulent symptoms have not perfectly subsided at the commencement of the fit; but, upon inquiry, have found, that the regular course of the disease has been interrupted by the use of purgative medicines, or else the disease has been atonic, rather than regular Gout.

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and subsisting causes, its acknowledged debility, cannot be so soon repaired—nor does the event justify such an idea; for, in the event, we find a more violent effect, differently seated indeed, but flowing from the same cause taking place—Does it not seem probable, then, that from this effect, as a new cause, the pain of the joint follows as a consequence? If this idea be well founded, it appears to me likely (in its investigation) to afford a new ray of light into the nature of the disease, and, consequently, into the proper means of relieving it: but in this investigation, since conjecture must supply, in some measure, the force of better evidence, I am aware of the difficulty before me, of impressing mine own opinion on the minds of my readers—I know how much easier it is to start an idea, than to give a satisfactory illustration of it; and I consider myself, at present, rather as starting an idea, than as pursuing a dogma to a successful explanation—That we may advance a little, however, in the illustration of our idea, let it be remembered, that an accumulation of crude, indigested, alimentary matter, subsisted in the intestines during

during the commotion which prevailed there, and that this commotion was the result of the quantity, or quality, the fermentation and heat of this subsisting mass; and that the coëstive state of body, and obstructed perspiration, apparent at this time, has prevented its discharge, or diminution, materially.—But if the contained mass continues to subsist as before, and the effect of its retention varies, a different explanation of this new state seems requisite. If, for instance, we considered the flatulent symptoms as the effect of the fermentative contents acting on the muscular fibres of the intestines, and, by its pungent quality and extrication of air, producing expansion, and inordinate or inverted motion of them, may we not be justified in referring this new condition (the cessation of these symptoms) to the reaction of the containing part upon the matter contained—of the intestinal tube upon its contents?—That the muscular fibres of the intestines have laboured, and continue to labour under the influence of irritating ingesta, competent to excite preternatural mobility of them, we have seen; and pathology teaches us, that

that the ordinary sequela of such condition is spasmodic stricture: What hinders, then, that we should explain this new phenomenon—this state of quiescence, in the state of impending Gout, as the consequence of spasmodic stricture subsisting there! By this idea, we can conceive that the flatus, before loose and compliant with the quickened peristaltic motion of the bowels, continually shifting its place, and sometimes escaping, is now constrained, by such stricture, to narrower limits, and, under such constraint, gives no further notice of its existence---That such may be the case is possible, and therefore, not to be peremptorily rejected—as a conjecture, certainly, it should be cautiously embraced: In perfect demonstration, we expect to fail; in rendering the conjecture probable, we have some tolerable hopes of success.—The spasmodic stricture here spoken of demands, at least, the best evidence of its existence that can be given—In order to supply this evidence let us state what really happens upon the first positive presence of Gout; at this time, when the pain is fixed to the great toe, I may venture to assert, that the sphincter

ani, and intestinum rectum, are preternaturally constricted.---This circumstance, which I have not found noted by authors, certainly favors the opinion advanced—And that there is an intimate connexion betwixt the suffering joint and the intestine, will be shewn by another circumstance: namely, that by dilating the constricted parts (if early attempted) the pain will recede from the joint, and a sensible effect on the bowels be instantly perceived. Does not this seem as though the pain of the joint is the effect of nature's efforts to overcome the spasm of the intestines; and that this effort of nature is counteracted by the mechanical means employed? It must be confessed, however, that when the ankle, instead of the great toe, has been the seat of pain, that the stricture here spoken of has been less evident—Yet may we not admit of the belief, that the gut higher up (out of the reach of accurate detection) may be so affected? Observation warrants me in saying, that indurated faeces, evidently pressed by the constricted gut, are often discharged, if a motion is procured by glisters or suppositories, when the ankle is the seat of suffer-

ing.—I have, at such times, convinced people labouring with Gout, that even a lax belly is no conclusive evidence against a lodgement of scybala within, such having been unexpectedly discharged, and with manifest relief*, after a repetition of opposite glisters.—And the pertinacity with which scæces are retained, in some instances; the quantity retained too; its condition and comparative relief from its expulsion, serves to shew that at different times the stricture varies in position, extent and violence: sometimes it remits—and though such remission be short and imperfect, it affords the means of escape to the more liquid contents, whilst the more impacted part of the mass is still kept back.—Now, upon this foundation, are we justified in supposing, that as different parts of the intestinal tube are acted on, so will different joints be affected?—that this determination of impression, founded in the consent of parts, is obedient to this change as a law of the system?—and as the disease

It is a well-known fact, that people have gone, not without great pain and the help of assistants, to the close-stool, and returned back, after an evacuation, without difficulty or support.

gains

gains upon the constitution, do the lesser intestines, or higher part of the canal, become oppressed by the retarded, or retained mass, not to be propelled further, by reason of more advanced debility, rather than the larger intestines, or those more distant in continuation from the stomach?—and in predominant consent with these parts, do the larger joints, the knee, or the elbow, suffer from the transferred effects, rather than the lesser or more remote joints?—Again, as the powers of the vis vita decline, does not the sympathetic intercourse betray itself betwixt the stomach itself and the yet larger joints, or parts of the trunk, rather than those of the extremities? and, finally, in the last stages of the disease, does not its pressure lie upon the stomach itself, the source and origin of the intestines, betraying itself by constant sickness, retching and vomiting, rather than by violent pain, till at length death puts a stop to these last feeble efforts of nature and life together?—When the Gout goes on regularly, this progression of it from joint to joint, and thence to the stomach and bowels, is usual; but, in some instances, the

true podagrio sympathy, as explained, seems to fail: that is, when in abandoning the extreme joints, it harbours immediately in some of the viscera, rather than pursues its regular course.—In these instances it will be found that the gouty idiosyncrasy is not, in its more perfect state, to be known by the more reluctant visitation of the disease originally—on, which is more commonly the case, the legitimate determination of the morbid effect has been, either by accident or design, interrupted.—In these instances, a misplaced Gout takes place, and the vital organs become liable to, and suffer from the oppression.

The idea of the disease, as far as we have gone, makes it depend altogether on the nervous system, by the intervention of which the effects of irritation on the muscular fibres of the alimentary canal are determined to, and become sensible in remote parts, excluding all consideration of dyscrasia, or depravity of the blood, which the humoral pathology of Gout has predicted, and to the correction of which, the espousers of that doctrine

doctrine have directed their method of cure. — Yet, that the state of the blood may be vitiated in consequence of imperfect digestion, depending on an impaired state of the organs chiefly destined to that function, is certain, and such vitiated condition of the vital fluid is by no means repugnant to our idea — Authors, however, have considered this vitiated state of the blood as having more influence than merely giving occasion to the disease, but as it should seem from what follows, without foundation. — From the aliment duly masticated and embued with saliva in the mouth; retained some time in the stomach, and mixed with the fluid of that viscus — from thence passing into the intestines, impregnated there with bile and pancreatic juice; in its progress through the bowels acted on by their natural heat and peristaltic motion — is produced a fluid, destined to repair the waste of blood continually expended in the secretions, excretions, and nourishment of parts. This fluid, denominated chyle, the product of digestion, is separated from the grosser part of the alimentary matter in its passage through the intestines, and conveyed,

conveyed, by minute vessels, called lacteals, into the blood. Now, if the stomach and intestines be deficient in energy, a perfect solution and digestion of the aliment, or transmission and expulsion of its several parts cannot be expected:—On the contrary, retardation and incalcescence of it, a septic ferment and imperfect chyle (ill-suited to its destined use) and consequent impurity of the blood, will be the consequence; and as the humours before mentioned concurring to digestion, the saliva, liquor of the stomach and intestines, the pancreatic juice and bile are separated from the blood, to be mingled with future aliment, so will they, as partaking of the blood's impurity, go on to multiply the causes of indigestion, and to encrease the feculancy of the fluid from whence they were derived.—The nervous fluid, too, amongst the other secretions, as supplied from the blood, will participate in its inefficiency, and in consequence the living solids, whose energy depends on the nervous influence, will be impaired in tone and vigour.—The vitiated state of the blood is therefore, though admitted, a secondary and not essential cause of

of Gout: it is an occasional cause of the disease, as affording the means of irritation to the system, but has its source in the pre-disponant cause, as already explained. The vital stream is become turbid, because its fountain has been disturbed—and to purify the former, the latter must be restored to its better condition. A plethora, or fullness of blood also, without reference to its eatchymia, or depraved state, is justly enumerated amongst the occasional causes of Gout, but is no otherwise productive of the disease—for we observe plethoric people every day without Gout, or any symptoms of it; and, on the contrary, Gout is sometimes renewed from incidental causes in people just recovered from a severe and apparently duly terminated fit, and is prolonged during several painful paroxysms, whilst the body is in a state of absolute exhaustion.

We have seen, then, that the humours of the body are not chargeable, primarily, with the production of Gout:—they may abound, or be depraved, but contain no morbid matter capable, specifically, of producing a fit;

fit; and, we conceive, that the doctrine of the *vires nocentes* so derived has greatly impeded a genuine view of the pathology of the disease.

Our eminent countryman (Dr. Sydenham) whose treatise on Gout is justly deemed the best extant, has throughout his work considered it as a disease of debility. He has observed, that a voluptuous sedentary life, early venery, as well as hereditary tendency, disposes to it; that the winter is its season of recurrence, and that its duration is protracted in the aged and infirm.—He has expressly referred it to a debility of the solids and dyscrasia, or distemperature of the fluids—“*Illum Antevia seu labefactatæ tam in partibus quam succis corporis universis, concoctioni ortum debere existimo,*” and has rejected in his curative intentions debilitating and weakening powers, as bleeding, purging, and sweating—means too commonly employed by less observant and experienced practitioners.—On the contrary, his remedies are such as tend to invigorate the digestive powers, to strengthen the constitution generally,

to cleanse and purify the blood—" *Sive ventriculum confortando ut alimenta recte coquat, sive sanguinem ad debitam chyli in illum in-
 vecti assimilationem sive partes solidas corro-
 borando, quo melius succos earundem nutritioni
 atque augmento destinatas in propriam sub-
 stantiam convertant; quæcunque denique varia
 excretionis organa et emunctoria corporis in
 eo statu conservant ut singularum partium
 recrementa debito tempore atque ordine valeant
 amandare;*" and it seems to be the mode
 which, under such authority (coming to us
 as the result of experience, in opposition to
 a discordant theory) deserves to be adopted—
 more especially too, as it reconciles itself to
 us upon principles of rational investigation
 and inference.—That this great man could
 not harmonise his theory with his practice,
 was occasioned by his opinion of the mor-
 bific matter: which matter he was desirous
 of discharging from the constitution and
 was only debarred by the evidence of their
 ill effects from using the greater evacuations
 for this purpose—This matter, too, he has
 charged with stagnating in, and oppressing
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the viscera, when nature is too languid to expel it to the extremities. Certainly, in gouty, and other debilitated constitutions, crude particles loosely combined in an impure blood, and sluggishly circulating, will stagnate in the finer vessels, and especially in the secretory organs.—This morbid matter, however, whether glutinous, saline, tartarous, terrene, or otherwise, ought not to be deemed the gouty matter ~~the~~ *causa continens morbi*, being only the effect of bad digestion, concurring with general debility, and likely to happen as well in others as in gouty subjects. If the primary cause of Gout was in the circulating humors, a fever would be likely to forerun the fit; which is very rarely, and then only accidentally the case.—These humours, so put in motion and impelled by the quickened circulation, and arriving at their destination, would act more gradually by their momentum and weight; and some distention at least, if not solution of continuity, would precede any very considerable degree of pain.—The fact is, however, otherwise:—the
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first effect is a spastic stricture of the joint*, with pain, sudden and acute; and the influx of humours, attracted by the stimulus of pain, with consequent distention and solution of continuity, succeed.—It is true, the pain encreases as distention encreases, to a certain point, by the accumulation; and we readily admit, that it may be aggravated, in proportion as the humours forming the fluxion recede farther from blandness and purity. Dr. Cadogan, too, deems Gout a disease of the strongest and best constitutions, relieving itself by throwing off harsh and bad humours from the vitals, and out of the blood, upon the extremities; but, surely, the strongest and best constitution, if capable of relieving itself from a disease thus accumulated, might be reasonably deemed equal to the task of preventing it, as the powers of nature, the *vis medicatrix naturæ*, must find lesser resistance from a beginning, than a more confirmed distemper;—But the *vis medicatrix* will not

* When the pain is not accompanied with sensible stricture, so as to fix the joint, no advancement to a regular fit is very probable—nor whilst the motion of the joint (however severe the pain) is allowed, will the perceptions of flatulency altogether cease.

exert itself till impelled thereto by a sensible oppression!—True; whilst there is no disease, there needs no cure. Dr. Cullen, the late most excellent Professor, who united in himself an uncommon degree of genius and application, and whose fame contributed so largely to render the College at Edinburgh the first school of physic in the world, tho' he has controverted successfully the doctrine of morbid matter, seems to have qualified this other notion of subsisting vigour, in his pathology of this disease, which predicates “a vigorous and plethoric state of the system, liable to a loss of tone, in the extremities — This is communicated to the whole system, but appears more especially in the functions of the stomach.—When this loss of tone occurs while the energy of the brain still retains its vigour, the vis medicatrix naturæ is excited to restore the tone of the parts, and accomplishes it by exciting an inflammatory affection in some part of the extremities.”—When I dissent from high authority I feel the awfulness of the occasion, and anticipate the strong probability of error in myself—In a darker age, under such a predicament,

a predicament, a man would either be silent or compliment merit at the expence of truth, or what bears the image of truth in his mind;—We live, however, in better times, when great names are respected, but not to the suppression of liberal enquiry, wherein no man, however revered, is allowed the possession of an infallible mind.

Let us see, now, what are the evidences of the previous loss of tone in the extremities—It is true, coldness in the feet, and suppressed perspiration there, precede the fit, and may possibly be the result of heat being more concentrated about the internal parts; for it must be remembered, that the morbid sensations have already betrayed themselves in the intestines—but we observe too, that people often walk far, and use active exercises on the very day preceding the fit, without sense of impaired vigour in their feet—Again, the energy of the brain is not in a vigorous state at the eve of an impending fit.—Dr. Cullen himself allows torpor and languor to prevail; and other proofs thereof have been mentioned before. The
 Doctor

Doctor allows the whole system to be in an "affected and impaired state of the moving powers," which is difficult to reconcile with the subsisting vigour and energy of the brain: but if the idea which I entertain be right, or if it comes nearer the truth—instead of the vis medicatrix acting from subsisting vigour of constitution to expel the morbid matter out of the blood, or aiding atonic extremities by torturing them with racking inflammation—declining vigour or debility, advanced to a certain point, and locally operative, terminates in spasm—but, by the nature of the organ spasmodically affected, it is relieved by propagating the impression of its infirmity to a distant part—The impression on this new part excites pain, and pain becoming exquisite here, is the remedy by which the primary spasm is relaxed—by repeated fits of pain is the greater remedy by which it is effaced—and, finally, the debility by which it subsisted is removed and cured.

The approach of a fit of Gout, is marked by the symptoms which have before been enumerated; namely, those of inappetency
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and indigestion, and, for the most part, of general irritability—Those who have attended to their feelings at this time, have acknowledged a quickened sensibility to impressions, whether internal or external; the senses of hearing and seeing are more impatient of their objects—a light room, or chalky road have been found irksome, and even music offensive—the weight of a buckle has given uneasiness to the foot, and an ordinary shoe seemed too tight—circumstances at other times disregarded, ruffle and disturb the temper.—slight variations of the weather, or change of a garment, produce sneezing, and sense of chilliness; wine and physic operate more powerfully in smaller quantities—milk purges—a glass of cold water, though not unusual—fruit or other vegetables, not exceeding the usual quantity—or beer, will increase the flatulency, or occasion cholicky pains—food, at other times acceptable, will disagree—fat meats, and butter, turn rancid on the stomach; in short, every living fibre seems morbidly sentient and irritable.—The disease is more immediately preceded by sensations of chilliness and languor, and an

appetite

appetite keener than usual—The attack and paroxysm taking place, ordinarily, at an early hour in the morning, is made up of pain tense, lacerating, gnawing, exquisitely severe, together with incessant restlessness; and succeeded, after twenty or more hours, by deep redness and tumefaction of the affected joint—by perspiration, ease, and sleep—A respite of a day, or longer duration, now takes place; when, towards evening, after transient shiverings, the painful scene commences anew—continues to increase during the night, and runs its course again, declining with moisture, first breaking out on the painful foot, and increasing to a general perspiration, as before—The whole fit is made up of an uncertain number of these paroxysms, comprehending a space of one, two, or several weeks, the latter exacerbations becoming less severe.—The urine is high coloured for the most part, during the prevalence of the disease; affording much fabulous sediment towards its decline—The sweats throughout the fit betray a remarkable acid odour—itching and desquamation of the cuticle of the affected part, often with pretty extensive

extensive œdema, closes the fit ; and the return to appetite, strength, and general health, speedily follows :—In some cases, one foot only is affected ; very often both feet alternately—and not uncommonly both suffer at once.—When it affects younger and more vigorous constitutions, it pursues its course for the most part with more expedition, regularity, and severity ; and the more regular and severe it has been, the longer freedom may be reasonably expected from another attack.—The stiffness of the joint, subsequent to the pain, also sooner goes off after the earlier attacks, than when it has been subjected repeatedly to the rigour of the disease ; and finally, this stiffness is liable to become permanent by the deposition of chalky matter, which concreting round the joint, utterly deprives it of its proper motion and use.—For a more accurate history of Gout, the reader is referred to Sydenham's treatise on the subject,

PROPHYLAXIS,

OR,

PREVENTION OF GOUT.

As mankind rarely set a just value on health, until reminded, by the signs of its declension, of its inestimable value—so a frequent submission to prophylactic restraints, merely to avoid a possible evil, is not to be expected;—diseases must come poignantly home to the feelings of men, before rational means of prevention will have due weight on their minds—nay, observation teaches us, that even the certain recurrence of an excruciating malady, as of Gout, is insufficient, except in rare instances, to reconcile appetite to the discipline of rational forbearance—Here and there a man descended from gouty parents, and of strong apparent predisposition to the disease, is philosopher enough to weigh the probable future punishment against the delusion of present indulgence, and convinced of the preponderance of the evil over the good, abate in present gratifications, as the purchase of a longer duration
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of health. In people who would avoid the chance of Gout, the probability of it being remote, a common measure of prudence in the regulation of time and conduct, is sufficient; there needs no reluctant compliance with physical edicts—no scrupulous regard to regimen—no solemn plan of antipodagrie medication.—I do not hesitate to say, that people daily injure their health by an over-anxious solicitude about it, and invite disease by the continual use of what may be deemed cautionary medicines—Nor do I conceive other provisions necessary to ensure and prolong the absence of Gout, or indeed to secure good health generally, than to use moderation in diet, and in the more seducing sacrifices to love and wine—indeed to keep a calm rein upon the passions, to observe early hours of rising and going to rest, regularity in exercise proportionate to bodily strength, and an orderly regard to natural evacuations*—With these cautions however, to the man who has reason to fear the nearer approach of the disease, it may not be amiss to incul-

* The best way of obviating costiveness is to obtain, if possible, an habitual relief this way, by attempting it daily at a stated time.

cate this truth—that of every kind of excess (and all excess produces violence to the constitution), that of venereal gratification will enervate him the most; and that the next danger will be, perhaps, from intense and protracted application of mind—Let us now advert to the man, who, in early life, at thirty years of age for instance, has felt the whole fury of a regular fit, and who is well inclined to retard by precaution, or prevent by regimen, its return.—If the gouty diathesis of his constitution be hereditary, as before explained, the absolute prevention of the disease's recurrence will scarcely be attainable, without a severity of corporeal and mental discipline which few can submit to.—In a case of acquired Gout, more success, with less rigour of restraint, may be reasonably expected:—To the general forbearance, then, recommended to the former subject, a stricter plan of life must be adopted by this, and every deviation from rule be close followed by means to obviate the hurtful tendency. In the winter season, care against the injuries of the weather should be redoubled: exposure to the cold, damp, evening air, which prevails

prevails commonly before the winter frost commences, and when it breaks up, and than which nothing damps the vital flame more (whether as operating on the *genus nervosum* generally, or as repressing insensible perspiration), should be strictly avoided—apartments and places excessively heated, whether by fire or company, should not be quitted but with due precaution against the chilness of the external air—Plain, simple food, taken moderately, should be preferred to that which comes recommended by its laboured cookery and sapid flavour, which leading to excess, serves to heat the body, to gorge the chylopoetic viscera, and induce general plethora—The food, too, should be always well masticated, and eaten deliberately; whose proper diluent will be sound table-beer, or water—The French custom of eating the vegetable and animal parts of diet distinctly, may be worthy of our imitation.—Vexatious contentions, and other engagements, which, by engrossing the mind too much, withdraw the animal spirit from its salutary uses on the system at large, and frequent fatigue of body, as well as of mind, should

should be forborne—or if unavoidably to be sustained, should receive all possible succour from concurrent prudential conduct and medical intervention. — But if a strict attention to the preceding cautions are requisite to those who are in the meridian of life, or whose constitutions are not yet familiarised to the disease, it well becomes the confirmed arthritic to multiply and extend his means of prevention—to the joints which Gout has before occupied, it will upon slight invitation, find a readier ingress, and assume a firmer possession, for even Gout is obnoxious to the influence of habit—means, therefore, which might shield the sound joints from the gripe of this painful demon, will not exempt the limb wherein he has often, and perhaps uninterruptedly domineered, and this consideration is, in truth, no weak argument for sufferers to seek all possible relief in the first and every succeeding fit, and not trust to a slow and unassisted natural recovery—for allowing that the fit relieves an infirmity, or oppression, under which the body labours, yet the benefit of this relief will be proportionate to the promptitude

titude of the remedy, and disclaims any additional good from needless prolongation of pain, weakness, and confinement.—To him, therefore, who has already suffered many severe fits, but who is not yet disposed to domesticate his tormenter, it will be incumbent to abstain once or twice a week from animal food *, and always to abstain from such as is of difficult digestion, rejecting, however, at the same time, such as has been over-kept ;—animal food, let me remark, ought to be kept till tender, but not till tainted — the admirers of the *haut-gout*, of sound constitutions, who counteract the septic tendency of the meat by frequent potations of wine, may escape the latent danger—but the podagric, to whom this mode of counteraction is forbidden, should avoid what the simplicity of a natural appetite disclaims,—what may convey a putrid labe to the blood. Of fermented liquors, which at any rate should be sparingly used, generous

* On these days of forbearance, mild broths, rice, millet, and other vegetables, milk, and puddings neither heavy or rich, may be substituted for meat ; fruits, if they agree with the stomach, are allowable, but should be eaten as nearly in a state of perfection as possible—

rous wines diluted with water, and sound, well-hopp'd table-beer, are the best—Wine should be taken only with great moderation, never more than once a day, and not every day;—The constitution of society demands wine as an incidental good, but the gouty constitution cannot admit of its habitual use with impunity—Cyder, stale beer, and home-made wines, which are either sweet and glutinous, or else acefcent, too prone to ferment in the stomach, and supply a noxious acid, should be abstained from—Spirits of every denomination too, and however mixed, should be declined as a customary drink—in very rare instances, if much diluted, it may be admitted, for the sake of change.—Dr Cullen has deemed pure water the best drink for preventing and moderating Gout—many constitutions, however, as Sydenham has justly observed, find it too cool and ungrateful to the stomach; in which cases it may be rendered acceptable by moderate heat,

possible—unripe and too mature fruits, blighted and perishing vegetables, should be utterly rejected—In the winter season, indeed, all cold and flatulent vegetable matter should be cautiously eaten, or perhaps rather cautiously avoided, by podagrics.

heat, or simple aromatic medication, as with a small portion of ginger, cloves, orange-peel, or the like—water, however, to be most wholesome, should be most pure—clear, light, tasteless; rain water, caught remote from a foul atmosphere, and well preserved, is the best—most other waters, to be rendered pure, ought to be distilled—A gouty friend of mine has been, for some years, in the habit of using, for his social beverage, a weak port wine negus, with much peel of orange or lemon, but none of the acid, and has obtained, since his forbearance from acids and pure wine, much longer freedom from the disease.—Whilst political consideration of favour towards Portugal bars the familiar use of other wines in this country, the effect on our constitutions, of changing the stronger for the lighter and more elegant wines, cannot be extensively ascertained, nor is it likely that, to men who limit their measure only to a state of ebriety, much profit could be gained—the podagric, however, who, not being able to deny himself wine altogether, would content himself with the same moderate quantity (a pint, for instance) of

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found claret, or burgundy, as of port, would probably experience much relief from the change; at first, indeed, it might not perfectly agree with the stomach and bowels of a professed port drinker, but a very short use would, in all probability, remove this objection; and, I believe, that few of our countrymen who have resided any time in France, and partaken of their better wines, but have come back with temporary distaste to those in common use here, sometimes not without sensible disorder, a perception of heaviness and heat, rather than of grateful exhilaration*.—As indolence has very justly been deemed one of the prime sources of Gout, so exercise ought, reasonably, to be

* It certainly favours the sentiment here delivered, that, in France, with greater consumption of wine, Gout is less prevalent, which must be referred to the different quality, or more moderate use of it individually.—The French were, perhaps are, more temperate in drink than us, probably owing to constitutional volatility not to be fixed several hours together at the altars of Bacchus; possibly, the tyranny of the old Government, which kept a vigilant watch upon words and actions, obliged people prudentially to abstain—*Facundi calices quem non fecere disertum?*—Had the French nation in their Revolution gained an extinction of those obnoxious characters, the Spies of the Police; a melioration of the Game laws; equal Contribution, according to property; Liberty of the Press; an Habeus Corpus

be classed as one of its best means of prevention & exercise, however, of body, as well as of mind, should be rather easily enjoyed than performed with labor; it should be diurnal, regular, and never excessive; the exercise of the mental powers, allowable to podagrics, is better managed in a social intercourse with chearful people, in conversation, rather than in the more solitary pursuits of reading and thinking—writing long at a time, is highly pernicious, unless long habit has reconciled the body to it, and even then no use can render it perfectly and permanently innocent—to those, therefore, who are compelled to it by their station in life, or prompted to it by an irresistible

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will,

Corpus Act; Trial by Jury; a Qualified Representation; Limitation of Civil and Pension List; and a few other lesser reforms, their struggle would have gained the applause of the world, and created very few intestine enemies—as it is, their Liberties are founded on some exorbitant strides of injustice, however palliated by ingenious men on the plea of necessity: in the former case, they would have become a free, united, and mighty people—upon the present system, they will, probably, be more formidable to themselves than to their neighbours; at any rate, however, we may conclude, with some degree of satisfaction, that the new Government, modified as it may be, will not be likely to exceed the old in treachery, enmity, and hostility towards this country.

will, a standing posture, with seasonable intermissions, is to be recommended;—respecting bodily motion, as it should be customary and moderate, so it will be best taken in the open air, nor should slight inclemencies of the weather deter from going abroad, since the danger from protracted inaction at home, especially if combined with full diet, is more to be dreaded—a seclusion from the hostility of excessive cold, is, however, necessary, and in this, or any other case of necessity, some compensation for the restraint may be obtained by using a flesh-brush twice a day, at the least, not only to the extremities, but to the trunk of the body, which, by mechanical agency, will dispose the several viscera, as well as the cuticular pores, to fulfil their respective functions—indeed, a flesh-brush should be the constant companion of gouty people;—respecting sleep it will be hardly necessary to repeat, that it should be cultivated at an early hour, and should not be protracted too long—eight hours is an ample allowance, if in a capacious, airy chamber, the better; indulgence in bed, whether with or without sleep, is the worst

worst kind of indolence—in the intervals of Gout, by inducing languor and plethora, it tends to invite a return of the fit—in the fit to protract its duration—and what is of no less consequence, it favours the generation of stone in the kidneys; with respect to clothing, little need be said upon that subject, every man's sensations, if he will consult them, being his best directory—though not burthened with clothes, he should go comfortably warm; even in mild weather, thread, or silk stockings, should not be worn but with woollen under-stockings; in dirty, sloppy weather, the shoes and stockings should be seasonably changed, even when the wet may not have penetrated the soles of the shoes a change should not be neglected, since the moisture absorbed, though not abundant, will be liable to give chillness to the feet after the effects of motion have ceased—during the hours of sleep, it will be particularly proper that the feet and legs are warmly clothed, and, by day, flannel worn next the skin will be a great safeguard against casual colds—in short, an interruption of the discharge of insensible perspiration should never

never be hazarded, by inattention to the usual mode, or indifference in the occasional changes of dress—Another source of security, to the podagric, I will propose, rather, however, as the result of reflexion than experience: what I mean, is, the frequent use of a tepid bath, whence the comfort of a grateful relaxant wash to the whole body so acceptably experienced every day in its partial application to a few parts only—The warmth of the water may be graduated to the bather's feelings, and should not offend on the side of heat or cold, hence neither morbid relaxation, or, under moderate caution, danger of catching cold, need be dreaded.—Dr. Cheyne refers hereditary Gout to a greater natural stricture of the capillary vessels, (and so, too, the celebrated commentator of Boerhaave—“*Præter liquidorum vitia in hoc morbo etiam culpam nimiam vasculorum angustiam et rigiditatem*”) whence gross humours are retained, which otherwise would be transpired—and, without allowing the full force to this idea which he has assumed, it is certain that a more rigid fibre prevails in the older subjects, as ob-

structed

structed perspiration certainly does in all the subjects of Gout—but waving this argument, we may, I think, appeal to the sensations of most readers as conclusive in favour of this preservative; whosoever has permitted his feet to remain long unwashed, has felt them dry, stiff, and uneasy; they are rendered less perspirable by being kept too dry, and cold is taken more readily, in case of accidental wetness; let the face and hands, if it can be permitted, remain a few days unwashed, and the same uneasy feel will betray itself—ablution not only removes the fordes collected on the skin, but gives elasticity to the superficial pores, as well as flexibility and easy action to the subjacent muscular fibres, and, finally, such of the water as is absorbed serves to dilute and temper the blood *—Private families, we know, cannot very generally command the convenience of such a bath, in which case, washing the feet often, by degrees coming every day to

* Lord Chesterfield upon this subject observes, “The hot bathing always promotes my perspiration, which is sluggish, and supple my stiff, rheumatic limbs, which is doing a great deal for a man in his seventy-first year of age.” Letters to his Son—Lett. 357.

rub them with a wet napkin, may be substituted in its stead—I know a person, heretofore a fisherman, now in perfect health, at the age of eighty, who has assured me, that, for fifty years, he did not miss a day of being wet in his feet—Cold sea bathing, unless symptoms of latent Gout forbid, may be used with advantage as a tonic in the summer season. — As to milk diet, which has been commended as a preventive of Gout, it may be of much advantage to podagrics, but its use must be adhered to, for, in fact, this plan of diet proposes only to accommodate the atonic state of the alimentary canal with inoffensive nutriment, but does not advance towards invigorating the state of this organ—hence, if grosser food be taken, the function of digestion being still weak and impaired, the patient will be liable to suffer anew, and to suffer more severely as the fibres have been the longer unaccustomed to irritating ingesta—the same may be said of pure vegetable diet—it has, certainly, when perseveringly used, postponed Gout for many years, even to the termination of life, at advanced age—it will not, however, do in all constitutions,

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or admit of an intermixture of other food, after it has been long used, without great probable danger.

Having treated of the Prophylaxis of Gout, as far as relates to the regulation of the non-naturals, we proceed now to propose such means of relief as are more immediately medicinal;—mankind need hardly be told, that diseases, of all kinds, are easier prevented than cured—that few medicines, administered in time, often supersede the necessity of many at a later period, and with much greater chance of success; the prudent victim of Gout will therefore feel the necessity of timely application for help, and not postpone his physician's assistance till the advancement of the disease has rendered any efficacious remedy precarious, if not unsafe—it is generally agreed by medical men, that, in the height of the paroxysm, their power of acting is suspended—at the moment when the sufferer cries loudest for help, relief, as far as medicine is concerned, is farthest off, and it is only during the intermission of the painful

stages that art can properly interpose, and then its utmost scope is comprehended in palliative means, to soften the severity of future paroxysms, and shorten, if possible, the duration of the fit ;—in the intervals of the disease, on the contrary, the physician has full scope for the exertion of his art, and may reasonably promise his patient essential benefit, from the punctual observance of his directions—If the doctrine laid down in the preceding pages has its foundation in truth and nature, we cannot be at a loss to discover the just indication of medical help—the influence of debilitating powers on the constitution, as conducing to the disease, we have not to vindicate here as a novel idea, all authors have concurred in assigning this imputation to the remote causes—The podagric idiosyncrasy, as explained, might not be so readily embraced, and the subsistence of spasmodic stricture in the intestines, which, with the sensible irritation in the joints (the first impulse of pain) constitute the proximate cause of the disease, may possibly, by incredulity, as well as ingenuity, be combated—whatever different opinion the con-

templation

templation of these points may imprint on different minds, they are assumed as facts here, and the treatment to be proposed will be consequent to them.—By a reference to the acquired pre-disposition, and the abuses which lead to its establishment, it is evident, that the object to be accomplished, by medicinal interventon, is to restore the whole system to that state of energy and vigour from which it has lapsed—to fortify the stomach and bowels, and thereby enable them to digest and distribute, as well as seasonably discharge the different parts of the aliment—to enable them also to resist impressions of irritation, in cases of accidental indigestion and retardation of the matter, whether nutrimental or feculent—if we can accomplish these objects, there will be little cause of apprehension from plethora and impurity of the blood—for whilst the tone of the stomach and bowels is duly sustained, the important function of digestion will be perfectly performed, and incidentally supply a regular stream of pure, nutrimental chyle—Let us observe, too, that the consent betwixt the stomach and the cuticular pores is such, that

the exhalents of insensible perspiration will be in a capacity to fulfil their office in proportion to the efficient power of digestion;— That the curative indication, as here set forth, can be answered by medicine only, is not to be affirmed or expected—the dietetic prophylaxis, temperance and action, and tranquillity of mind, must go hand in hand with the tonic medicinal plan to be recommended, and their sufficiency to confer permanent freedom from the disease in favorable subjects, and with perfect safety, is only to be denied after trials sufficiently fair and persevering. — The medicine which has been denominated the Portland Powder [Vide Appendix, No. I.] was known, and taken as a remedy against Gout, nearly in the form prescribed, many hundred years ago—hence, if it has not the charm of novelty, at least it has the plea of antiquity to recommend it, and I think it may be fairly inferred, from the revival of its fame at different periods, that some real virtue attached to it—if we examine the composition, it will be found a warm astringent bitter, by no means ill calculated to brace up and invigorate

vigorate the impaired tone of the stomach and bowels; in its dispraise, it has been said to postpone regular and produce anomalous Gout, and from some ill effects which have followed its imprudent use, it has gotten the character of a dangerous medicine—if sinister events, from the improper adhibition of medicines, were to occasion their future prohibition, we should soon find a great defalcation in the instruments of our art—emetics, given to plethoric subjects, have produced fatal hemorrhages; cathartics, in putrid cases, have produced fatal diarrhoea; and anodines in dropsy, with great dyspnœa, procured mortal sleep—how often have antimonial and mercurial medicines, so efficacious under wise directions, been perverted by misuse, or accidental operation, to absolute poisons—A gentleman, of great respectability, who enjoys good health and clear mental faculties, at very advanced life, took this antipodagric medicine, fifty years ago—Gout at that time began to annoy him, in an unequivocal manner, and, yielding to the prevailing opinion in its favour, he resolved to try the powder, but took it in lesser doses,
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and in an intermissive manner—he has ever been induced to acknowledge its good effect on his constitution—But if the specific medicine here mentioned be viewed with fearful eyes, and certainly, in dry, hot, bilious constitutions, taken as directed, without any previous preparation, it does not stand acquitted of possible harm to the receiver—yet should it meet the same repugnancy under different circumstances, in different constitutions, in its intermitted use, in lesser doses, conjoined with correctives and due attention to obviate costiveness?—With me there rests no doubt but, under these precautions, this or any similar medicine, formed from the articles of the *Materia Medica* set below it, may be taken with perfect safety, and important benefit—for instance, half a drachm of the powder may be taken for twenty or five and twenty days in a month, betwixt October and May, and washed down with plain warm water, barley-water, whey well depurated, or any aperient, detergent decoction, prepared, for instance, with the roots of the *fœniculum vulgare*, *taraxacum*, *lapathum acutum*, *bardana*, or the

the like, or other diluents, lightly impregnated, if necessary, with attenuants, as *nitrum sal ammoniacus*, &c. according to the temperament and state of body of the patient; and by these, or similar means, it may be successfully reconciled to almost all constitutions—To say, at large, what are the proper preparatory means, would here be superfluous, since a course of the powder should never be taken but with the advice of a physician, who will take care to guard the patient against a precipitate commencement, or dangerous continuance of it—briefly, however, we will say, that if bleeding be deemed necessary, either preparatory to, or during the use of, the medicine, it should be done sparingly—An open belly may be solicited, if necessary, by suppositories, or clysters, rather than cathartics by the mouth, as interfering less with the intention of the medicine—and if these latter are deemed indispensable, those of the milder should be preferred to the rougher and more forcing ones—as manna, cassia, senna; if more stomachic ones—rhubarb, with a little ginger, *tinctura sennæ*—*vinum rhubarbari*—

bari—aloës; if more cooling ones, the neutral salts present themselves, but these medicines are only to be used to prevent costiveness, and by no means to keep the body lax and very soluble.—If the form of the medicine be objected to, it may be made into an electuary, with any suitable adjunct—as honey, conserve, or merely with syrup; or may be made into pills, to suit the patient's palate or humour of taking it—nor need the occasional intermission of it be dreaded as likely to impair its efficacy, since it is well known that medicines lose of their power by long-continued, uninterrupted use—Dr. Cadogan very justly says, “There is no medicine I know of, that, taken every day, will not cease to act entirely, or, by acting too much, do harm.”

Another medicine, which seems to have merited reputation, is a preparation of gum guaiacum, steeped in rum—respectable testimonials are not wanting of its having been taken with success—as a stomachic, it may serve to invigorate the function of digestion, and by its subsequent operation, as a
mild,

mild, aperative, and sudorific, may prevent the ill effects of too heating a stimulus to the stomach — temperance in diet, and early hours, are enjoined during its use — milk-porridge is recommended every day two hours after the dose, and the feet are to be guarded from wetness — This gum, or, rather, resin, has long been in common use as a beneficial medicine in arthritic complaints — The advantage which the above tincture has (if any) over that ordered by the College to be kept as a shop medicine, is, that the quality of this menstruum admits of the substance dissolved to be taken for a longer continuance of time, in larger doses — whereas additional aid is derived to the diaphoretic quality of the guaiacum from the volatile menstruum of the Pharmacopœia. The medicine set below the former, and ordered in the form of pills, has been commended too as famous in gouty complaints — its operation is by perspiration and stool — In addition to these formulæ [App. No. 2.] another has been recommended, in which sal nitri is added to the guaiacum tincture, said also to have cured many gouty people — If these

medicines fulfil the intentions expected from them, keeping the body in a naturally open state, without purging, and promoting insensible perspiration, they afford a flattering earnest of real good—by their warmth, a certain degree of energy is diffused through the first passages, which are thereby rendered less obnoxious to spasm, depending on debility*—if they are objected to as of immediate operation only, and therefore requiring continual use, it may in return be said, than an escape from Gout is worth purchasing at the rate of some inconvenience, if it can be done with safety; and that a medicine which counteracted its invasion, when more familiar to the constitution, might, in a lesser quantity and more rarely taken, produce the same effect, when the disease is more estranged, and the promptitude of its sympathetic determination weakened, by an interruption of its habit—I am

28 Abstemious people may object to the tincture as an habitual drain, but whoever considers the daily violence done to the stomachs of podagrics in general by the stimulant provocatives of table-luxury, 29 sauces—pickles—spices, highly inflammatory, to say nothing of madeira during the repast, of *liqueurs* to help digestion, and of full-bodied port afterwards, need not be much alarmed on this account.

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not, however, to plead the pre-eminency of these medicines, but specify them, merely to shew my opinion of the pharmaceutical indicata—they are, however, as promising of help as any of the advertised Gout nostrums, and more innocent, perhaps, in a greater variety of constitutions.

The Tar-water [App. No. 3.] is not without pretensions to notice, as a preventive of Gout—it rescued a confirmed arthritic for one year, and might, very probably, have well rewarded a further trial—The person here meant, and before alluded to, is a respectable clergyman, who had been subject to regular fits of Gout for many years; about six years ago he resolved to try this water, and beginning with it in autumn continued to drink it daily during the whole winter, and for that season had no return of his usual visitant—in lieu of Gout, however, he was tormented with an universal itching, so constant and troublesome, as, uniting with his distaste of the water, induced him to forego its future benefit, and on the following and every succeeding year he has

had Gout, as usual—I have been well assured of others, too, who persuade themselves that they escape the disease solely by the help of this water.

A solution of alkaline salt, impregnated with fixed air, called *Aqua Mephitica Alkalina* * [App. No. 4.] has been recommended against calculous disorders, and taken with benefit by many persons—These complaints are well known to be closely connected with Gout, the same constitutions, at different times, often suffering under the scourge of both diseases—This water may be properly recommended to podagrics—taken daily with milk, it has been of service in a particular case within mine own knowledge; the subject had been for some years afflicted with irregular returns of Gout, and latterly with gravel—since taking this water, he has been healthier, in all respects, though not perfectly free of Gout, than for many years past.

* Vide a Pamphlet on the efficacy of this water in calculous disorders, by Dr. Falconer of Bath.

There is no question too of the benefit to be derived from the Bath waters, taken not with a view merely to promote a fit in atonic Gout, but otherwise used as a tonic diluent, acceptable to the stomach and bowels, and salutary to the whole system, and therefore capable of rescuing it, in many instances, from an impending derangement—with this view, the sufferer from regular Gout, by availing himself of a seasonable use of these waters, may check the familiar recurrence of the disease—With a fainter prospect of benefit, but with the same view, the Seltzer, Pyrmont, and similar waters, may be used—and also pure, common water, which tho' less in fame as less in efficacy, drank to the quantity of a quart a day, will (as before suggested) be found a most friendly mediator betwixt the disease and the constitution.

The mineral kingdom presents us with many substances possessed of such medicinal virtues as promise to promote our prophylactic intentions—Antimony, in its crude state, well chosen and prepared, is a mild and not inefficacious alterative, and has been
found

found useful in arthritic complaints,—by quickening the appetite it gives evidence of its tonic action, which is further confirmed by its effect of promoting perspiration.—The active chymical preparations of this mineral require more caution in their adhibition, especially when a fit impends, for at that time, the alimentary canal being in a state of mobility, and oppressed with indigested colluvies, if they operate emetically, a violent vomiting—if purgatively, an alarming diarrhæa, may ensue: these effects I have known to happen from some of them, at such a time, in very moderate doses.

Of Iron, the rust has been preferred by Dr. Gullen, who recommends it as the most efficacious medicine for strengthening the stomach;—certainly, it commands our notice, and, under the chymical forms preserved in the new Pharmacopœia, may be employed with advantage in lax and weaker habits, wherein, as a general bracer (and as such quickening the circulation, raising the pulse, and promoting the natural secretions) it promises much good—in plethoric habits, however,

however, and where a phlogistic diathesis prevails, it will demand suitable caution on the part of the prescriber.—For podagrics, I am inclined to think, that this mineral is best conveyed, and most acceptably received, in the form of Chalybeate waters—and the liquid preparations of it may be advantageously taken, either in other vehicles, or as auxiliaries to Spa, Pyrmont, Seltzer, and similar waters.

Mercurials have justly vindicated to themselves a consideration here—Under proper management, they are capable of conferring important good—by mis-management they have done, and will continue to do, great mischief—The milder preparations of this mineral may be employed as safe alteratives—if its more active preparations are employed, it well behoves the prescriber to respect one especial circumstance, namely, that, as tonics, they can scarcely be given in too minute quantities—and so reduced they may be continued for a reasonable length of time, not without well-founded hopes of excellent effects.

Sulphur,

Sulphur, at the seasons of Spring and autumn, has been advantageously taken by podagrics—it manifestly possesses great subtlety of parts, pervading the whole system, and transpiring by the cuticular pores, evincing thereby its diaphoretic power.—As a mild laxative, it serves to prevent accumulation of fordes in the intestines, without disturbing them by rough and violent operation.—The flowers, washed, are to be preferred, and may be taken, for a reasonable length of time, in moderate doses, to be regulated according to its sensible effects.

To keep off Gout by such *timely* precautions, and such means of art as invigorate the constitution, has not been deemed improper or unsafe, because, under the influence of increasing vigour, the vis medicatrix may become competent to remove, in a less severe, though not less salutary way, the oppression which impels to the disease; but it has not been thought equally proper and prudent to interfere when an attack of the disease is manifestly nearer at hand, even by means not calculated to weaken the consti-

tution;—

tution ;—hence, we hear our friends and neighbours so often foretel and lament the approach of Gout, without any thought of parrying its attack—This great apprehension of danger has arisen, I conceive, in a great measure, from a faith in the humoral pathology, which has here been denied—rejecting, therefore, this source of apprehension, we conceive that, previous to the more imminent symptoms which precede the fit, it may be safely allowed, by lenient means, to attempt a rescue from the fiery ordeal which menaces the devoted joint—We have supposed, that general debility alone, or local debility and irritation of the intestines, produce no Gout, unless combined with spasmodic stricture, and not necessarily then, without predominant determination of its sensible effect to the joints—consequently, if this determination can be hindered, Gout may be prevented, though with hazard of a determination to a more important part—and this hazard being verified, we conceive to be the great source of misplaced Gout:—If stricture can be kept off, Gout may be interrupted, as it should seem, with safety—

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if it has taken place, and can be removed by art, art will do no more than imitate nature, whose labour it is to effect this removal—the means of art, however, may be less safe and less perfect than those of nature, and herein lies the danger of employing it—if employed, however, it should follow the orderly footsteps of nature, as closely as possible—When Gout impends, we observe that the vires conservatrices are exerted to conquer its enemy, and often effect it by critical discharges—as by vomiting, diarrhæa, hæmorrhoidal flux, or otherwise—and hence, in the imitation of these means, tho' evacuants were decried as prophylactics in the perfect interval of the fit, in this state of menace we have no other way sufficiently prompt to evade the evil which besets us—At such time, therefore, if frequent sickness prevails, with retching and other symptoms of indigestion, the necessity of an emetic is implied, and it should be administered—it should be administered, however, under the caution of its mildest form—as, for instance, an ounce, or two ounces, of the vinum ipecacuanhæ, put into five or six ounces of warm water, and drank by degrees,

grees, so as to promote a discharge, without violent straining—If distention and weight of the lower belly prevail, and more especially if accompanied with costiveness, clysters are to be used, in preference to purgatives by the mouth—The subsistence of plethora will demand bleeding, but in the same moderate manner—in short, these respective means of relief, arising out of the fair interpretation of nature's views, should be such as rather to facilitate than force her exertions—and if an effect more violent than intended takes place, a cordial opiate should be given, and repeated as circumstances demand—If the dyspeptic symptoms continue, these auxiliary means of relief may be renewed, whilst, at intermediate times, carminatives and temperants may be prescribed—and if plethora be removed, some indulgence beyond a rigidly restrictive regimen may be allowed. It is certain that people often avert the menacing attack, and some constitutions may bear it, by means very different from those proposed—by strong emetics, and drastic purges; but, in most cases, such means will be unsafe, and therefore improper—for

whatsoever ruffles and disturbs the body, when a fit is near at hand (as affording occasion to spasm), commonly hastens the attack—whence this consequence so often from violent anger, or from a debauch; a long, unusual walk, or other bodily exertion, will have the same effect; so will the operation of rough evacuants, with this probable aggravation of evil, that by exhausting the body too much, and sinking the vital power, it tends to lay the foundation of irreparable injury to the nervous system, leaving it in no capacity hereafter to relieve itself, in a salutary way, from the effects of the morbid impression— at other times, speedier ill effects happen;—In a case wherein slight feverish symptoms accompanied the approaching fit, an antimonial medicine operated violently by stool, and determined the disease, instead of Gout, to a fever of the nervous kind, which ended fatally—On the other hand, a perfect indifference to the evidently intruding disease, leaves it prepared to inflict its tortures with sterner severity.—The better decision on the question, whether none, or violent means are to be employed

employed against the approaching fit, seems to be, to reject the two extremes, and adopt the advice given on another occasion—*medio tutissimus ibis*.—But it may still remain a question, whether, by putting off the fit, even if it can be done by the moderate means proposed, injury will not attach to the constitution?—I suspect none.—It certainly is justifiable to think it unlikely upon the principles of the pathology laid down.—It is granted, that mischief will attend any repulsion of the disease when full-formed—but it is proposed to anticipate this state, and as there appears to be no great deflection from health, when the means of anticipation are proposed to be employed, it seems probable that, as those means are in unison with the designs of nature, they cannot be discordant to the claims of health. It has been remarked, that no disease gives more manifest notice, after the earlier attacks, of its approach, than Gout—not only the internal affections of the stomach and bowels implying oppression and heat, but others, depending (as we conceive) on these, in the extreme parts, denoting

denoting atony and obstruction, compel observance—The balance of nervous energy which ought to subsist throughout the body, is evidently deranged—this balance nature endeavours, but endeavours commonly in vain (by other efforts anterior to those of internal spasm, and its consequence remote inflammation), to restore—It is these previous efforts of nature which art might, with probable safety assist, and, when less evident, with great possible propriety imitate—I am aware, however, that prevention of regular Gout, on the eve of an attack, is not to be undertaken in all instances—that age, and temperament of the patient, as well as time and habit of the disease, are to be well weighed—I grant, that, in some confirmed arthritics, the precurrent symptoms are obscure, the intestines, without hardly noticeable disturbance, falling into the spasmodic state, and the determination is propagated with equal celerity, giving no opportunity, upon manifest grounds, for medicinal intervention—but when we can imitate the vis medicatrix, or promote her views without danger of misinterpretation, we have, surely, a reasonable

a reasonable ground of hope that we cannot be employed adversely to our patient's welfare, and that, even where we do not avert his impending calamity, our means may both shorten and soften its severity.

We proceed now to the gouty fit subsisting in its vigorous state—that state of tiresome agony which can neither be borne with patience nor removed with prudence—whose misery none but a sufferer knows how to compute, and the value of whose remedy, with safety to the constitution, no other knows how to appreciate, though all allow it to be one of the greatest desiderata in medicine—But though the apprehension of danger forbids a decisive interference, so as abruptly to remove the painful stages of Gout, yet, I am persuaded, that art might always be employed, after a few paroxysms, under competent vigilancy and judgment, to sooth the severity of those stages, and to shorten the term of the fit; I have seen many podagrics chained to their bed, or confined to their chamber, breathing a
 noxious

noxious, suffocating air, many weeks after they ought to have been firm on their feet, merely because they wanted confidence in the directions of art, or resolution to obey the persuasions of reason—such we can only pity, but not release.—So long as the morbid sensations were confined to the alimentary canal, we were authorised in looking for the ailment (though in a masked form) as subsisting there—for where could we look for it, but where the symptoms manifestly betrayed its existence?—Our views were then to exonerate this part from the oppression under which it laboured,—but the vis medicatrix has now commenced her exertions, and makes use of remote inflammation, as an instrument of relief to the part really affected—whence Dr. Mead very justly denominates this instrument of relief, the crisis of the disease, rather than the disease itself—Taking it, then, in this view, and that we may not frustrate the good purpose of nature, by an untimely intrusion into her province, we are certainly forbidden to interfere whilst her means of relief can be sustained by the system, without manifest detriment, and

and that is whilst in the intermissions of the paroxysms, and these becoming milder and shorter, the functions of body and mind feel a competent recovery of their powers—But when the paroxysms abate nothing in severity and duration, and when, in their intermissions, a sensible oppression of body and depression of mind subsist, resulting from reiterated and protracted pain and privation of sleep, under this condition nature may be regarded as a step-mother who, instead of protecting, by wholesome coercion, from greater evil, punishes her charge with a cruel and unprofitable severity; in such case, it becomes the province of medicine to interpose, and, by its aid, vindicate the just interest of health against the blind violence which menaces its ruin—Nor is a lapse from this condition to that of retrocedent Gout, so likely to happen, from the means of art, properly employed, as from the mere depression of vital energy already induced and declining still more with every further renewal of violence. In the state of the disease here described, a dilute temperate diet should be strictly

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enjoined, and an antiphlogistic plan of relief will require to be adopted—but first, an attention should be paid to the bed-clothing of the sufferer, and air of his chamber; the former should, on no account, be oppressive, in particular should be light over the breast—the latter should be properly refreshed; even a change both of bed and of room will have its advantages.—If symptoms of phlogistic diathesis prevail, and the severity and protraction of pains appear to depend on that condition of body (kept up perhaps by the closeness of the chamber, improper diet, or cordials taken to prevent Gout in the stomach), in such exigency, the means of help will be obtained in an abatement of the elastic force of the heart and arteries;—If plethora prevails also, the same remedy will apply and press stronger for application—bleeding will here be indispensable, and if we are afraid of repeating it generally, a further discharge of blood may be obtained by means of leeches, topically applied, which, in some instances, may be more useful, and almost always, in Gout, be more confidently employed—some address, however, is requisite

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in their application, lest the foot be exposed too abruptly, or tediously, to the cold:—with respect to leeches, I have known them applied very often, in Gout, and never detrimentally;—Instances are not unfrequent, where, in misplaced Gout, not suspected at the time, bleeding, deemed necessary for the ostensible disease, has, even during the operation, relieved the afflicted part, by changing it to Gout in its regular form—shall we say, that by relieving an oppression under which the vital energy laboured, it enabled the vis medicatrix to produce a regular, instead of an anomalous effect—and may we not expect that, by affording similar relief, it may assist the same agent, in terminating timely and naturally, a disease which lingers preternaturally on the constitution?—At the accession, and during the progress to the acmé of the paroxysm, the skin of the feet is dry, and the pores closed, so as to prevent the escape of matter subtile or sensible—The effort on the joint demonstrates that nature would, if able, effect a discharge there, where to all her propulsive powers are directed; and when the stricture, on the pores, is re-

laxed, as the pain declines, a free perspiration of the feet succeeds, sensibly charged with an offensive odor—but as this discharge attends the decrease of the paroxysm, that seems to be the time when we may, with propriety, promote it by art—At this time, therefore, sudorific medicines, with diluent, demulcent drinks, are required; it is upon this principle, too, that the external means of help ought to be regulated, and the good or bad effects of them may depend altogether upon their *timely* application—Poultices of bread and milk applied to, and preserved warm on the part, and seasonably renewed, will contribute also to afford ease, as a topical help to more general means of relief, or after the earlier paroxysms have weakened the force of the disease—but, independently considered, and applied at the commencement of the fit, they will confer little benefit—well if they produce no injury. Dr. Gardiner recommends bootkens of oiled silk to be drawn over the feet, already covered with several socks of flannel, in order to promote a copious perspiration—This practice has prevailed some time, and may
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have its use—I knew one person who tried it, and his own opinion of it was, that it proved beneficial to him—his friends thought otherwise—certain it is, he lost Gout, and not long after, became cachectic—a chronic diarrhoea succeeded, which, at length, exhausting him, terminated his life, at the age of seventy-two. As the application of emollients, with warmth and close covering, to the seat of pain, promises, by assisting to relax the contracted pores and rendering the part perspirable, to shorten the paroxysm, so the use of emollient clysters, considered as fomentations, will not fail to promote a good effect, upon the same principle, on the intestines—These inward applications may consist of gruel, barley decoction, weak animal broth, milk, or something similar—in different circumstances, these may be medicated with antispasmodics, sedatives, and diuretics—as *opium*, *oleum succini*, *terebinthina*, *sapo*, &c. according to the effect required—and I should recommend them to be given in the intermission of paroxysms, but not till some hours after the manifest abatement or cessation of pain—Blistering has been very commonly

commonly used to shorten the fit, and, when properly employed, not unsuccessfully; this remedy should be applied not on, but near to the tumor, for the sake of derivation—and thus, by dividing the sum of pain and fluxion, it tends, in some degree, to relieve the joint, and thereby permit its speedier recovery—I have known many sufferers apply it on the inflamed part, but aggravating a pain already too violent, by adding a new stimulus—though upon the plausible maxim, that “the keener the pain, the shorter the fit,” is not easily reconcileable to sense, or to be acquitted perfectly of probable danger—When the joint of the great toe suffers, a blister is commonly applied just above the ankle, and the freedom of the foot has been recovered in half the time, as when blistering was omitted—Dr. Cullen apprehends danger of retrocedent Gout from this topic—I have known, or heard of, no such event from it, but, after its application to the ankle, I have, in two instances, observed that the seat of determination seemed changed, for, in the next succeeding fits, the ankle-joint suffered instead of the great toe, to
which

which part, blistering being afterwards omitted, the disease, in its future fits, returned— Though the more received doctrine is, that the pain should not be mitigated by external means, lest the disease recoil upon the vital parts—yet, it must be remembered, on the other hand, that pain, in its excessive degree and still aggravated by art, might, by straining the sense of feeling too far, produce, in the defailance of the vis vitalis, the very retrocession to be apprehended from opposite means. A gentleman, subject to Gout, who died a few years ago, at very advanced life, used to apply blisters on the inflamed joints, and, more than once, with great menace of mortification; in his last illness, which was combined with Gout, two blisters had been directed by his physician, and, under his own directions, eleven others were applied to different parts of his body, so that when he died, a discovery was made, and the uncommon depression of the vital powers, not to be re-excited by art, explained, in the irritation and discharges incident to these many and reiterated vesications. Some years back, an inhabitant of Southampton,

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by trade a gun-smith, professed to cure Gout by a plaister—having applied it towards the decline of a fit successfully, in a few instances, he began to obtain notice—a gentleman who was relieved by him, proposed to purchase the secret, and did so, at the price of a specific sum paid down, and a life-annuity granted to the seller—the nostrum was no other than a common blistering plaister; after having experienced the inefficacy of his remedy on himself and others, the gentleman sought redress in a court of justice, and was, at length, relieved of his annuity contract, but not till he had paid, in the whole, above six hundred pounds.

In pain, the moving fibres of the body are in a state of inordinate action, and the several functions disturbed—and, in proportion as this preternatural state is prolonged, so will its operation be more injurious on the system—Pain, of short duration, by keeping sensation and motion on the stretch, increases the natural heat, quickens the circulation, and induces a sensible fatigue—if prolonged, all the effects of these changes, and

and their consequent detriment on the constitution, will be extended—As the interference of art has therefore been deemed proper and necessary, when pain has been protracted beyond reasonable limits, so the adhibition of an opiate will be justified, in severe and procrastinated Gout, both by reason and necessity—No one scruples, in circumstances where the vis motrix exerts itself violently and in vain (as often happens in cases of calculi), to interpose and quiet the oscillations—Opium, the *dulce linimen vitæ*, offers its aid, also, to the suffering podagric, and, if given with circumspection, may be safely employed to shorten the painful stages—the energy of the several functions is depressed more by pain, if greatly prolonged, than by labour—opium, by soothing the distraction of the moving fibres and abating their tension, affords rest to the wearied sufferer, and in this state of tranquillity and quiet the powers of nature are recruited, and in great measure repaired;—opiates, however, are not without their inconveniency, and should only be employed under the observation of competent skill—with some people they disagree, producing

only a restless heavy watchfulness, rather than sleep, leaving much confusion of the head in the morning, not to be relieved but by vomiting—Dr. Warner's Treatise on Gout, as far as respects the use of opiates, certainly merits notice.

I will mention a method of cure, used during the paroxysm, merely for its singularity, and shall only observe that it was related to me by a respectable surgeon, a man of observation and of extensive practice, who had himself witnessed the effects—it was the customary remedy of a podagric, whose occupation in life denied him the time and means of nursing his disease—In the violence of the paroxysm, he put his feet into a pail of cold water, after a little time, removed them into a second pail, then into a third, drinking, during the whole time, moderately of rum, to prevent sickness — this topical *frigidarium* was supposed to have an effect of favouring the escape of the fiery humor creating the pain; the first water smelling very offensively, the second less so, and the last not at all—it effectually removed the fit,
without

without any incidental detriment—the offensiveness of the water, it may be thought, was imputable to the fordes washed from the feet, but the relater by no means allowed of this explanation, referring it rather to a subtle noxious vapour, transpired through the pores—It is well known, that cold water, suddenly poured on the feet, has the effect of relieving constipation of the bowels—is it possible, that, by relaxing the spasm within, the spasm on the pores of the feet may become relaxed also?—certainly, however, it is a remedy which, as fraught with great possible hazard, cannot be advised—I leave the elucidation of its action to the sagacity of the reader.

In retrocedent Gout, attention is to be paid to the organ affected, and great accompanying debility is, of itself, no good reason to decline bleeding, or to its repetition, according to the urgency of symptoms, since nothing tends (as suggested before) more powerful than this discharge to dislodge the disease from its new and irregular seat.—W. M. ætat. LV. laboring with regular Gout, felt an
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unexpected freedom from his complaint—the second day afterwards, he was seized with head-ach and shortness of breath, for which he was blooded, took some burnt brandy, and became, for a short time, easier—the next day I visited him, and found his head-ach and dyspnœa violent, together with uncommon debility—his pulse, however, bespoke a stronger state of the sanguiferous system, beating about eighty, and moderately full—bleeding was immediately renewed, and repeated on the two succeeding days, a pediluvium was used, and stimulant cataplasms applied to the feet, and afterwards blisters to the legs—his body was kept open by clysters, and his medicines were of the cordial carminative kind—by these means, the symptoms, in a few days, subsided—he complained, however, of a fixed pain in the tibia, for some time afterwards, and Gout, in about three weeks, returned in both feet, contrary to expectation—A renewal of the regular fit is, undoubtedly, the best and quickest cure of this its irregular state, and therefore, saving the organ affected, as far as possible, from fatal oppression,

all

all means are to be used to invite it back to its regular seat — If it presses on the stomach, with a sense of distention and torpor, volatile stimulant medicines have been ordinarily employed, with the best effect—of these may be prescribed, the *æther vitriolicus*, or the warmer tinctures—as *tinctura cinnamomi composita*, *tinctura lavendulæ comp.* or the *spiritus ammoniæ compositus*, taken in the carminative-simple, or, if necessary, spirituous waters—as *aqua anethi*, *fœniculi*, *menthæ piperitidis*, and these, sometimes, in urgent cases, with *tinctura opii* superadded—but perhaps none of the class of warm cordials can be recommended superior in efficacy to the *tinctura guaiaci*, given in doses of two or three drachms—It may sometimes, in this state of the disease, be more useful to give a warm spicy emetic (mustard and pepper, when other more usual emetics were not at hand, have both been used for this purpose), which may be assisted, in its operation, by camomile or carduus tea.—For people of a gouty temperament, who will not withdraw themselves from a convivial life, or who are addicted to the more sottish habit of inebriating

ating themselves in private, the compound tincture mixture [Ap. No. 5.] as a stomachic purge, occasionally taken, has been found of much benefit. I will mention one more case as a remarkable instance of the effect of Gout on sensation—C. B. ætat. LXX. had Gout, lingering on him for three months, renewed, after its once apparent termination, merely by eating an orange—during the latter part of the disease, he lost his sense of vision totally, and was blind for some weeks, this sense returned and continued several days, it then became obscure, but not quite darkened—he laboured under extreme oppression of the head and breast, with torpor of the lower extremities—described his hands as feeling like greasy sticks, and his whole frame as though it had been drawn through water—he was a confirmed and debilitated arthritic, and though we obtained a return of Gout into the feet, and to a very painful degree, yet at length he sunk under his disease, and a convulsion finished his life.

When the weather is not very forbidding, the convalescent of Gout should get abroad as soon as possible after the fury of the fit
has

has ceased, even if he does it with considerable trouble and pain—the influence of fresh air will serve materially to quicken his perfect recovery, which will be retarded in proportion as he gives himself up to an indolent disuse of his limbs and seclusion in his chamber—If the weather forbids his getting abroad, even in a carriage, he should take the best exercise possible within the house, admitting the external air as far as prudent freedom may warrant—Respecting animal diet, he should restrain himself to a very moderate quantity and such as is of easy digestion—in the quality, however, appetite must be in some measure consulted, and his best drink will be a mixture of old sound port wine and Seltzer water, in the proportion of one or two of wine to three or four of water—his supper should consist of gruel, enriched with a little sugar and wine, of biscuit or toasted bread, with a drink of weak wine and water, a negus (as recommended p. 59.), or, in case of more advanced life, or infirmity of constitution, a glass or two of still rich mead, old mountain, cyprus, or other rich cordial wine, may be allowed :

—Costiveness

—Costiveness should be prevented, but not by means operating briskly on the stomach and bowels, the mildest purgatives only are allowable—such as *manna*, *electuarum* & *cassia*, *rhubarb*—those of rougher operation will endanger a return of the fit—If the bowels remain sluggish, and do not sufficiently yield to these milder medicines, in small doses, further assistance should be obtained from clysters, rather than risk greater irritation on the stomach and smaller intestines.

Attending our subject, the consideration of which now draws to a conclusion, there are, it is true, some phenomena not specified, of course not illustrated—ingenious writers have failed of affording satisfaction on these more abstruse points; others have been contented with proposing them as queries, satisfying themselves with a confession of the knottiness of the subject, and leaving others, if they pleased, to untie it:—The proximate cause of the disease depending, as it certainly does, on the nervous system, puzzles us with all the evanescent subtilty of that inexplicable part of the machine, and, probably,

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it will, at the end of all research, be found, a phasm, not given to man to embrace and retain —But though we may not be able to comprehend the peculiar plight of body, and nice interior movements, on which the disease specifically depends, yet, in general, I think we may profit, not a little, by the insight which we at present possess, and if we only condescend to pursue the rays of light already open to us, in the calm way of steady observation and liberal communication, I am firmly persuaded, that we may greatly improve, in the curative as well as speculative doctrine of the disease, to the great credit of our art and advantage of mankind.

It was by no means intended at the commencement of this work, to have entered so largely into a detail of the medicinal treatment of the disease as has been presented, but merely to deliver, with diffidence, my idea of its proximate Cause; which idea suggested itself to me, originally, in consequence of very accurate observation on myself, and which all the research that I have been able to give it since has served to

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confirm—

confirm — The advancement to a perfect cure of the disease, unless accident should give it (on which we ought not to depend), must result from a discovery of its proximate cause—I have done my best to explain my sentiments of this, and shall conclude, to my gouty readers, that I sincerely hope they may be benefited by my remarks—to my medical reader, I shall conclude with the more classical appeal—

Si quid novisti rectius istis ;

Candidus imperti : si non, his utere mecum.



A P P E N D I X.

THE formulæ of several of the medicines having reference in the body of the work are here specified, in order to furnish the reader with the ready means of obtaining them—but it is to be remembered, that they are, by no means, advised to be taken, as preventives of Gout, (especially the first) but by the advice of a physician, or other medical man of skill and experience, who, only, maturely considering the time of life and state of constitution of the sufferer, the familiarity of the disease, &c. &c. will have competent judgment to determine whether, how long, and in what doses they, or either of them, may be adviseable with most probable benefit to the receiver.

No. 1.

THE PORTLAND POWDER.

Take of the Roots of round Birthwort,
of Gentian ;

Leaves and Tops of Ground Pine,
of Germander,
of Centaury ;

Of each equal weights—These are to be dried, powdered, sifted,
and then mixed together.

This Powder is to be taken every morning, in a cup of wine and water, broth, tea, or any other vehicle you like best, fasting an hour

A P P E N D I X.

and an half after it—The dose is, a drachm for the first three months, three-fourths of a drachm for three months longer, and half a drachm to the end of the first year; afterwards, half a drachm may be taken every other morning.—It may be two years before any great benefit is received—There is no need of confinement to any particular diet, living soberly only, and abstaining from those meats and liquors which have always been accounted pernicious to the Gouty—as champagne, drams, high fauces, &c.

Other articles of the *Materia Medica* referred to—

<i>Zedoaria,</i>	<i>Calamus Aromaticus,</i>	<i>Rubia Tinctorum,</i>
<i>Curcuma,</i>	<i>Columbo,</i>	<i>Quassia,</i>
<i>Galanga,</i>	<i>Enula Campana,</i>	<i>Cortex Peruvianus.</i>

No. 2.

Two ounces of Gum Guaiacum,

Digested for eight days, in a warm place, in a quart of rum,
often shaken, then strained off, and preserved for use.

The dose is a spoonful every morning, fasting, even during the paroxysm—after a time, it may be taken twice a week only—It gave strength and vigour to the legs, favoured the dispersion of tophi, (to which a topical application of soap-plaster contributed), restored free motion to the joints, relieved shifting pains, and confirmed a state of good health—was found also beneficial in sciatica, rheumatism, cholic, and the stomach ailment of negros.

Take of Aloes,

of Gum Guaiacum, each an ounce;

of Seneca Root, powdered, half an ounce;

Make

A P P E N D I X.

Make into a mass, with Balsam of Peru, to be divided into pills of a moderate size.

The dose two pills, night and morning, occasionally.

I have specified these recipes at the request of a medical friend, who assured me that he had known them both taken with admirable effects.

No. 3.

THE TAR WATER.

Pour a gallon of cold water on a quart of tar, and stir and mix them thoroughly with a ladle, or flat stick, for the space of three or four minutes, after which, the vessel must stand eight and forty hours, that the tar may have time to subside, when the clear water is to be poured off and kept covered for use, no more being made from the same tar, which may still serve for common purposes—More cold water, or less stirring, makes it weaker—as less water, or more stirring makes it stronger; it should not be lighter than French, nor deeper coloured than Spanish white wine. If a spirit be not very sensibly perceived on drinking, either the tar must have been bad, or already used, or the tar water carelessly made—persons more delicate than ordinary may render it palatable, by mixing a drop of the chemical oil of nutmegs, or a spoonful of mountain wine, in each glass.

The general rule for taking it is, about half a pint, night and morning, on an empty stomach, which quantity may be varied, according to the case and age of the patient, provided it be always taken on an empty stomach, and about two hours before or after a meal—It may
not

A P P E N D I X.

not be amiss to observe, that some, whose nice stomachs cannot bear it in the morning, take it at night, going to bed, without any inconvenience; and that with some it agrees best warm, with others cold.

No. 4.

AQUA MEPHITICA ALKALINA

Is prepared by putting an ounce of dry Salt of Tartar into nine half-pints of pure water, and stirring it well till the salt is dissolved—after standing a sufficient time, in a cool place, for all impurities to subside, the clear liquid is to be decanted into the middle part of the glass machine† for impregnating water with fixible air, and there subjected to a steam of this air, for the space of forty-eight hours—that a due supply of air may be afforded, it will be required to renew the effervescing materials as often as the air ceases to rise—When sufficiently saturated, the water should be clear and rather sparkling, possessing an acidulous rather than an alkaline taste—Thus prepared, it should be drawn off into clean bottles, to be well corked, and kept (the bottom of the bottles upward) in a cool place.

Of this water, from half a pint to three half-pints may be taken daily, either at once or in divided portions, at a proper distance from meal times.—If it be cold or flatulent on the stomach, or offends the palate, it may receive the addition of a small portion of spirituous water, or cordial tincture, or of warm milk, according to circumstances—if still unpleasant, the proportion of Salt of Tartar to the water may be lessened one-fourth.

† Directions for impregnating water with fixible air are supplied by the sellers of the machines—those who wish to be acquainted with the efficacy of the Alkaline Mephitic Water, in calculous cases, are referred to Dr. Falconer's Pamphlet.

APPENDIX.

No. 5.

STOMACHIC OPENING TINCTURE.

Take of Wine of Aloes, two ounces ;

—— of Rhubarb,

Tincture of Senna, of each one ounce and half ;

—— Compound of Lavender,

—— of Cinnamon,

of each two drachms ;

Syrup of Rose, one ounce ;

Mix together.

Dose, two common table spoonfuls, occasionally, going to bed.

FINIS.



Attention to the proof sheets interrupted, by occasional absence, is offered, as an apology, for the inaccuracies of punctuation.

The following errors the Reader will have the goodness to correct:

Page. Line.

13, 5, (*Note*), read Eunuch.

24, 8, read dyspnoea.

32, 4, for effect, read state of quietude.

44, 23, dele if not solution of continuity.

45, 4, for solution of continuity read effusion into the cellular membrane.

48, 19, dele by.

56, 5, for are read be.

60, 12, (*Note*), read Habeas.

84, 12, read hæmorrhoidal.